

Health Notes

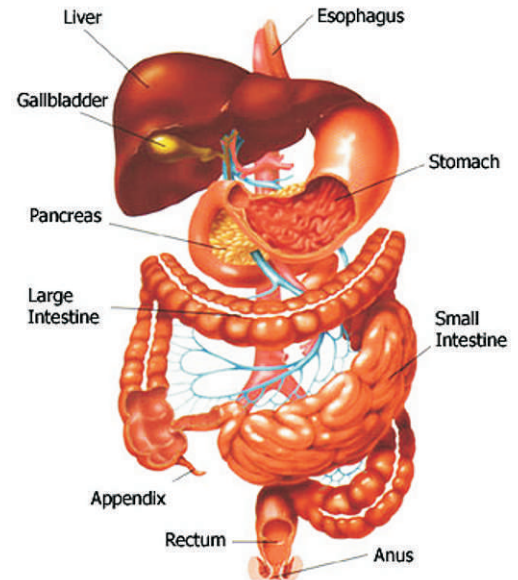
THE LINK BETWEEN DIGESTIVE HEALTH AND CANCER



Signs of poor digestive health

- Frequent diarrhea or constipation
- Feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Losing weight with no known reason
- Feeling very tired all the time
- Having nausea or vomiting

Healthy Digestive System



“Researchers, led by Robert Schiestl have shown that various types of intestinal bacteria might be factors in both causing and preventing obesity, and in other conditions and diseases. Now, a **UCLA study suggests that it could also potentially be used to reduce the risk for some types of cancer.**” *Source University of California - Los Angeles Health Sciences.*

Studies are proving to the medical traditionalists, what many complementary practitioners have long understood – the connection between the digestive tract and disease.

When attention is on treating the symptoms, instead of enabling the individual immune system to do its work, the plot is lost....often leading to a lifetime of medication. And dealing with the many side effects to medication that this path creates.

If the attention is on restoring the immune system - treating the cause of illness, instead of focusing on symptoms a pathway to health is revealed. It is vital to understand that we are all individuals and medication of any sort should not be a 'one-size-fit-all'.

FACT 80% of your
IMMUNE SYSTEM is located
in your **DIGESTIVE TRACT**
make digestive health your top priority
BOOK AN APPOINTMENT

“Your body's gastrointestinal system does far more than just digest your food. It also converts food into energy, absorbs essential nutrients and fights off bacteria to keep you healthy and strong.”